Food Combinations

MEAT

and

What to Serve With It

(1933)

National Live Stock & Meat Board
Department of Home Economics
407 South Dearborn Street
CHICAGO, ILL.

Food Combinations

Meat and What to Serve With It

EVERY housewife is interested in providing her family with an adequate diet. The meals for the day must furnish enough protein, carbohydrates (sugars and starches), fats, minerals, and vitamins to supply the needs of the body. It is quite simple to plan a balanced diet if at least one food from each group is included in the daily meals. It is not necessary that each meal contain all the essential food constituents but, if one meal is deficient in protein or starch or other class of foods, this deficiency should be made up at one of the other meals. If the meals for the day contain enough of each essential food constituent, the diet will be properly balanced.

Since nearly all meals are built around meat, the housewife wants to know what foods she should serve with it in order to have a balanced meal.

Meat is one of the best sources of protein; therefore, when meat is served, the housewife knows that this requirement is met.

Meat furnishes energy; the fatter meat furnishes more energy than lean meat; lean meat furnishes more protein.

Meat is a source of minerals, being especially rich in iron and phosphorus. It also furnishes copper.

Meat is a source of vitamins A, B, and G. The glandular organs are rich in these vital food factors.

Meat is a very easily and completely digested food; therefore, foods which furnish roughage must be served with it. Fruits and green vegetables supply roughage as well as valuable minerals and vitamins and these serve as body regulators.

Green vegetables and milk are necessary to make certain an adequate supply of calcium. The diet of growing children especially should contain these foods for the sake of strong well-formed teeth and bones. Phosphorus aids calcium in this respect.

If the meal is so planned that it is composed of meat, a starchy food, such as potatoes or rice, a green vegetable, and a raw vegetable or fruit salad, it will furnish an adequate supply of the necessary foods. Fresh fruits and vegetables should be included as frequently as possible for their vitamins and minerals.

The question of what vegetables and accompaniments make the best combinations with the different kinds and cuts of meat is one that the housewife often finds troublesome. While there are no hard and fast rules, it is true that certain combinations of meat and vegetables are particularly fitting.

The purpose of this booklet is to answer that question at a glance. With the addition of a green salad and a dessert, the suggestions given for dishes to serve with each meat dish will make a complete and well-balanced meal.

Beef Chart

Identification—Wholesale and Retail Cuts

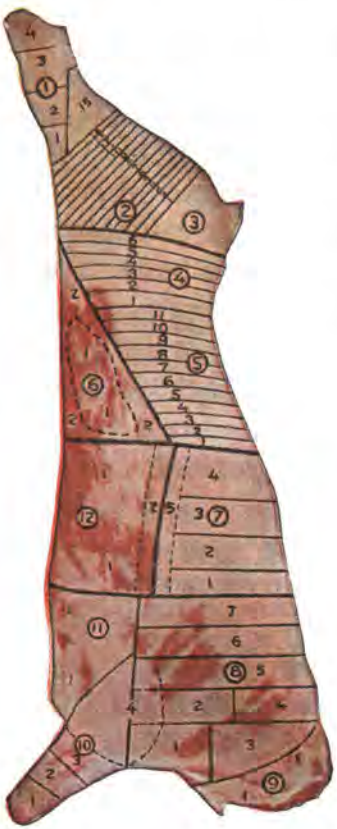
① Hind Shank
1 to 3-Soup Bones
4-Hock

⑥ Flank
1-Flank Steak
2-Stews or Ground Beef

⑫ Plate
1-Stews, Boiling Meat, Corned Beef
2-Short Ribs

⑪ Brisket
1-Stews, Boiling Meat, Corned Beef

⑩ Fore Shank
1 to 3-Soup Bones
4-Shoulder Clod



② Round
1 to 14-Round Steaks
15-Heel of Round

③ Rump
Steaks or Roasts

④ Loin End
1 to 6-Sirloin Steaks

⑤ Short Loin
1 to 3-Club or Delmonico Steaks
4 to 11-Porterhouse Steaks

⑦ Rib
1 to 4-Rib Roasts
5-Short Ribs

⑧ Trimmed Chuck
1 and 2-Bottom Chuck Pot-roasts
3 and 4-Top Chuck Pot-roasts
5 to 7-Chuck Rib Roasts and Pot-roasts

⑨ Neck
1-Boneless Pot-roasts
2-Stews or Ground Beef

Numerals in circles ○ refer to wholesale cuts and major subdivisions of such cuts. Other numerals refer to retail cuts.

Wholesale Cuts and Subdivisions

All Percentages Based on Carcass Weight

① to ⑥ Hindquarter	48.0%
① to ③ Round and Rump	24.0%
① Hind Shank	4.0%
② Buttock	15.0%
③ Rump	5.0%
④ and ⑤ Full Loin Incl. Suet	20.5%
④ Loin End	7.0%
⑤ Short Loin	10.5%
Kidney Knob	3.0%
⑥ Flank	3.5%

⑦ to ⑫ Forequarter	52.0%
⑦ Rib	9.5%
⑧ and ⑨ Chuck	22.0%
⑧ Trimmed Chuck	17.0%
⑨ Neck	5.0%
⑩ Fore Shank	5.5%
⑪ Brisket	6.5%
⑫ Plate	8.5%

Courtesy U. S. Department of Agriculture

What to Serve with Beef

Meat Dish	*Starchy Food*	*Succulent or Green Vegetable*	*Sauce or Accompaniment*
Roast beef	Brown potatoes	Creamed celery String beans Corn	Brown gravy Yorkshire pudding
Baked tenderloin	Brown potatoes	Asparagus Baked tomatoes	Mushroom sauce
Pot-roast	Brown potatoes Spaghetti	Turnips Carrots String beans	Brown gravy Pickles Catsup
Beef cooked in water	Potatoes in jackets Dumplings Wide-cut noodles	Boiled cabbage Creamed onions	Chili sauce Horseradish sauce
Broiled steak Porterhouse Sirloin	Creamed potatoes Baked potatoes French fried potatoes	Asparagus Cauliflower Beets Grilled tomatoes	Mushrooms Tart jelly Parsley butter
Fillet mignon	French fried potatoes	Broiled mushrooms	Chili sauce
Swiss steak	Baked potatoes	Tomatoes Onions Green peppers	Gravy
Round steak	Scalloped potatoes Rice	Creamed carrots Buttered carrots Fried parsnips	Brown gravy
Flank steak	Baked potatoes Mashed potatoes Au gratin potatoes	Baked onions Squash Escalloped tomatoes	Bread dressing Brown gravy
Corned beef	Boiled potatoes	Boiled cabbage Carrots Onions Beets Turnips	Mustard sauce Pickles Horseradish sauce
Salisbury steak (ground)	Cream potatoes	Onions Green peas	Tomato sauce
Stew	Boiled potatoes	Onions Celery Carrots	Dumplings

What to Serve with Beef—Continued

Meat Dish	*Starchy Food*	*Succulent or Green Vegetable*	*Sauce or Accompaniment*
Meat loaf	Baked potatoes Creamed potatoes Escalloped potatoes	Asparagus Carrots Beets	Spiced peaches Tart jelly Pickles
Cold sliced beef	Creamed potatoes Saratoga flakes	Sliced tomatoes Green corn Butter beans	Catsup Jelly Horseradish sauce
Hash	Potatoes in hash	Beets Corn Green beans	Tomato sauce Tartar sauce
Frankfurters	Potato salad	Cucumbers Tomatoes Lettuce	Prepared mustard
Creamed dried beef	Baked potatoes Rice	Asparagus Baked tomatoes	Toast
Braised oxtail	Spaghetti Browned potatoes	Corn Fried eggplant Baked onions	Horseradish sauce
Heart	Riced potatoes Rice Spaghetti	Creamed onions Buttered carrots Tomatoes	Bread dressing Tomato catsup Worcestershire sauce
Kidneys	Rice Mashed potatoes	Onions Mushrooms	Worcestershire sauce Bacon Brown sauce
Liver	Mashed potatoes	Onions Spinach	Bacon Lemon juice
Tongue	Au gratin potatoes Creamed potatoes Escalloped potatoes	Tomatoes Onions Beets	Tomato sauce Raisin sauce Currant jelly
Tripe	Creamed potatoes Mashed potatoes Rice	Celery Onions	Pickles Tomato sauce Onion sauce

Beef Cuts and Their Uses

Description	Cut	Characteristics of Cut	Uses	Extra Edible Parts and How Prepared
The flesh of beef is light cherry red in color. The lean is fine grained and "velvety" in appearance. It should be well marbled with fat. The fat is firm and creamy white. The character and distribution of fat is an indication of quality in beef. Bones should be porous and pinkish rather than flinty white.	Neck	Juicy and well-flavored	Soups, stews, mince meat	Heart—Roasted, stewed, braised
	Chuck	Good quality, muscles do not run in one direction	Roast (5th rib), steaks, pot-roasts, stews, cooking in water	
	Rib	Rich flavor, very tender, easy to carve	Roasts, steaks	Kidney—Broiled, stewed, fried
	Plate Plate Brisket Short ribs	Lean and fat in layers Fat sweet and good for boiling	Plate and brisket—(boned and rolled; fresh or corned) stews, pot-roasts, cooking in water Short ribs—braising, cooking in water	Liver—Fried, baked, meat pie
	Fore shank	Bone and gristle, varying amounts of lean	Soup, stews, ground meat	Tongue—Corned, smoked, pickled, boiled
	Round	Tender, well flavored, little waste	Steaks, pot-roasts, roasts, Swiss steaks	
	Rump	Juicy meat, good quality	Pot-roasts, steaks, corning	Tripe—Pickled, creamed, breaded
	Hind shank	Bone and gristle, varying amounts of lean	Soups, stews, ground meat	
	Loin	Tender, juicy, sirloin and porterhouse steaks	Steaks, roasts	Oxtail—Soup, boiled, braised
	Flank	Boneless steak from flank, muscles run lengthwise	Stuffed steak, steaks, flank steak fillets	

Time-table for Cooking Beef

Cut	Broiled or Panbroiled	Roasted or Baked	Cooked in Water	Braised
Ribs Rare		Sear 20-30 min., at 500° F., then cook at 300° F., to internal temperature of 140° F., about 16 min., per pound in uncovered pan	Meat should not be boiled but should be cooked below boiling point, or simmered	
Medium		Same as for rare except cook to internal temperature of 160° F., or 22 min., per pound		
Well-done		Same except cook to 180° F., or about 30 min., per pound		
Rump, Round, Chuck		Same as for ribs	30 min. per pound	45 min. to 1 hr. per pound
Short ribs		18-20 min. per pound	15-20 min. per pound	30-40 min. per pound
Fillet	20 min.	20-30 min.		20-30 min.
Steak 1 in. thick 1½ in. thick 2 in. thick	 15 min. 20-25 min. 30-35 min.			
Swiss steak				1-1½ hr.
Corned beef			40 min. to 1 hr. per pound	

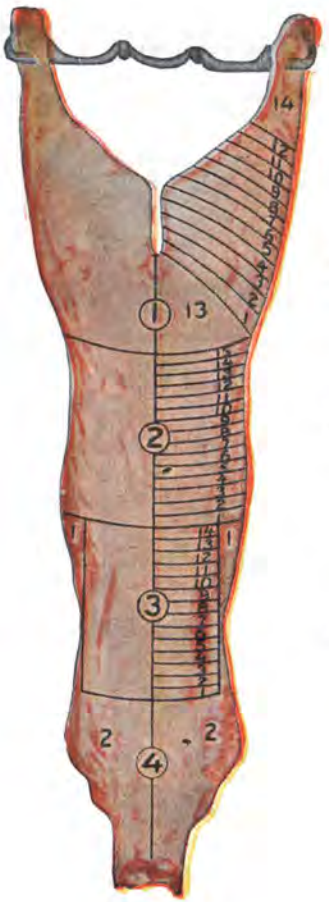
Veal Chart

Identification—Wholesale and Retail Cuts

Wholesale Cuts

① and ② Hind Saddle
- ① Leg
- ② Loin

③ and ④ Fore Saddle
- ③ Hotel Rack
- ④ Chuck



Retail Cuts

① Leg
- 1 to 12-Cutlets
- 13-Roast
- 14-Shank (Stew)

② Loin
- 1 to 15-Loin and Kidney Chops

③ Hotel Rack
- 1 to 14-Rib Chops

④ Chuck *including shoulder, neck and breast*
- 1-Stew
- 2-Roasts

Numerals in circles ○ refer to wholesale cuts.
Other numerals refer to retail cuts.

Yields of Wholesale Cuts and Subdivisions

① and ② Hind Saddle 49%	③ and ④ Fore Saddle 51%
① Legs 40%	③ Hotel Rack 6.5%
② Loin 9%	④ Chuck 44.5%

Courtesy U. S. Department of Agriculture

What to Serve with Veal

Meat Dish	*Starchy Food*	*Succulent or Green Vegetable*	*Sauce or Accompaniment*
Roast veal	Mashed potatoes Boiled rice Noodles	Spinach Green beans Green peas Asparagus	Sour cream gravy Tart jelly or jam Cranberry sauce
Veal pot-roast	Spaghetti Riced potatoes Noodles	String beans Carrots Celery	Brown gravy Currant jelly
Breaded veal chops	Creamed potatoes Mashed potatoes	Corn Mushrooms Tomatoes Cucumbers	Tomato sauce Spiced gooseberries
Veal fricassee	Boiled potatoes	Carrots Onions Green peas Lima beans Okra Tomatoes Corn	Tart jelly
Veal stew	Boiled potatoes Dumplings	Any desired combination	Spiced peaches
Veal birds	Creamed potatoes	Spinach Sliced tomatoes Lettuce	Bread dressing
Creamed veal	Baked potatoes French fried potatoes	Green peas	Tomato pickles
Pressed veal	Creamed potatoes	Spinach Peas Asparagus	Hard-cooked eggs
Breast of veal	Brown potatoes	Peas Corn String beans	Tart jelly Bread dressing
Sweetbreads	French fried potatoes Creamed potatoes	Green peas Mushrooms	Tomato sauce
Brains	French fried potatoes Au gratin potatoes	Sliced tomatoes	Mushroom sauce Sour sauce Dutch sauce Tomato sauce

Veal Cuts and Their Uses

Description	Cut	Characteristics of Cut	Uses	Extra Edible Parts and How Prepared
Veal is almost white in color with a delicate pinkish tinge. The flesh is not so firm as that of beef. The fat is white with slight pinkish tint and firm.	Leg	Solid meat of good quality; very little waste	Roasts, steaks (called cutlets)	Heart—Baked, stewed, braised
	Rump	High quality	Roasts	
	Loin	Excellent quality	Chops, roasts	Brains—Fried, creamed, scrambled
	Rib	Excellent quality	Chops, roasts	Kidney—Broiled, stewed, meat pie, fried
	Breast	Good quality	Roasts, stews	
	Shoulder	Solid meat of good quality	Roasts, stews	Liver—Fried, baked, braised
	Shanks	Fore and hind shanks, bone and gristle — little meat	Stews, soup, veal loaf	Tongue—Corned, smoked, boiled
	Chuck Includes the shoulder, breast and neck	Meat of good quality	Roasts, steaks	Sweetbreads—Creamed, braised, broiled, salad

Time-table for Cooking Veal

Cut	Broiled or Panbroiled	Roasted or Baked	Cooked in water	Braised
Loin	Veal contains little fat and needs long, slow cooking, therefore broiling or panbroiling is not recommended as a method of cooking any veal cut. Braising is the usual way of preparing veal chops and cutlets.	Sear 15 min. at 500° F., then at 260° F., to internal temperature of 160° F.,* about 23 min. per pound in covered pan	Veal is not cooked in water because this meat contains little extractives and so does not have enough flavor for this method.	
Shoulder		Same as for loin		
Leg		Same as for loin		
Cutlets				40-50 min.
Chops				20-25 min.

* A meat thermometer removes the guesswork from roasting.

An oven regulator insures more uniform and exact results.

Slow oven is 250°-350° F.; moderate oven is 350°-400° F.; hot oven is 400°-500° F.; very hot oven is 500°-550° F.

Fresh Pork Chart

Identification—Wholesale and Retail Cuts

Wholesale Cuts—Percentage of Carcass

1–Hind Feet	1.00%	7–Brisket	2.25%	⑫–Jowl Butts (Trimmed)	2.25%
2–Hams	19.00%	8–Picnic	7.50%	⑬–Boneless Butt	3.05%
3–Clear Bellies	16.50%	9–N.Y. Style Shoul.	16.00%	13–Boston Butt	5.20%
4–Pork Loins	12.75%	10–Neck Bones	.95%	14–Loin Butt	4.00%
5–Spareribs *(F.S.)*	2.50%	11–Picnic Butt	3.02%	15–Fore Feet	.92%
6–Spareribs *(H.S.)*	1.50%	12–Jowl Butts (Untrimmed)	3.75%	16–Leaf Fat	3.52%

Courtesy U. S. Department of Agriculture

What to Serve with Pork

Meat Dish	*Starchy Food*	*Succulent or Green Vegetable*	*Sauce or Accompaniment*
Roast pork	Brown potatoes Sweet potatoes	Green string beans Lima beans Turnips Cabbage Cauliflower	Apple sauce Brown gravy Fruit sherbet
Pork chops	Creamed potatoes Mashed potatoes	Tomatoes Corn Onions Celery Carrots Turnips	Fried apple rings
Pork tenderloin	Creamed potatoes Candied sweet potatoes	Spinach Asparagus Wax beans	Baked apples Tart jelly Cranberry sauce
Baked spareribs	Baked sweet potatoes	Creamed cabbage	Apple sauce
Boiled spareribs	Boiled potatoes	Sauerkraut	Currant jelly
Baked ham	Mashed potatoes Escalloped potatoes Sweet potatoes Rice	Spinach Greens Squash Cauliflower Escalloped cabbage	Baked pineapple Pickles Tart jelly Prepared mustard Cider sauce Raisin sauce
Broiled ham	Creamed potatoes Au gratin potatoes	Baked tomatoes Spinach Green beans	Prepared mustard Spiced gooseberries Tart jelly or jam
Ham shank	Boiled potatoes	Cabbage Dried peas Dried beans	Mustard pickles
Cold boiled ham	Potato salad	Creamed cabbage Green peas	Prepared mustard
Bacon	Creamed potatoes	Greens	Eggs
Salt pork	Potatoes in skins Rice	Sliced onions Navy beans	Cream gravy
Sausage	Creamed potatoes Baked potatoes	Cole slaw	Apple rings Apple sauce

Pork Cuts and Their Uses

Description	Cut	Characteristics of Cut	Uses	Extra Edible Parts and How Prepared
Pork should be fine grained and firm. Lean from young animal is nearly white; from an older animal is rose color. The fat is white and not so firm as that of beef.	Feet	Bone, skin, not much meat, but this is delicate	Stews, cooking in water, frying, pickled	Heart— Baked, braised
	Hams	Solid meat, little bone	Fresh—steaks, roasts Smoked — baking, broiling, cooking in water	Kidney— Fried, stewed
	Fat back	Mostly fat, used for salt pork	Fried, combined with other foods	Liver— Fried, baked
	Bacon	Fat and lean	Broiled, panbroiled	Tongue— Boiled, braised
	Loins	Tender, lean meat	Roasts, chops	Tail— Boiled, braised
	Picnic shoulder	Well flavored, mostly lean meat	Fresh—roasted Smoked—cooked like ham	Ears and Snout— Boiled, stewed
	Butts	Cut from top of shoulder	Fresh—steaks, roasts May be cured like ham	Lungs— Baked, En casserole
	Spareribs	Lean and fat, good flavor	Baked, cooked in water	Brains— Fried, scrambled
	Tenderloin	Lean, tender, no bone	Broiled, baked, braised, cooked in water, panbroiled	Jowl— Cooked in water
	Fat	One-tenth to one-third hog carcass made into lard	Frying, shortening	Head— Head cheese

Time-table for Cooking Pork

Cut	Broiled or Panbroiled	Roasted or Baked	Cooked in Water	Braised
Bacon, Salt pork Sliced Large piece	3-5 min.		1-1½ hr.	
Ham (smoked) ¼ in. thick 1 in. thick Whole	10 min. 30 min.	25 min. per pound; half ham 30 min. per pound Large hams 20 min. per pound	25-30 min. per pound	
Ham (fresh) or Loin		Sear 15 min. at 500° F., then at 300° F., to internal temperature of 185° F., about 30 min. per pound + searing period		
Shoulder		40-45 min. per pound		
Spareribs		1½ hrs.		
Crown roast		2 hr.		
Chops				50 min. to 1 hr.
Tenderloin		1 hr.		45-50 min.
Suckling Pig		3-3½ hr.		

Lamb Chart

Identification—Wholesale and Retail Cuts

Wholesale Cuts

①②&⑥ Hind Saddle
- ① Leg
- ② Loin
- ⑥ Flank

③④&⑤ Fore Saddle
- ③ Hotel Rack
- ④ Chuck
- ⑤ Breast

Retail Cuts

① Leg
1 to 4-Chops
7-Roast

② Loin
1 to 13-Loin and Kidney Chops or Roast

③ Hotel Rack
1 to 13-Rib or French Chops

④ Chuck
1-Roasts and Stews

⑤ Breast
1-Stews or Boned and Rolled Roasts

⑥ Flank
1-Stews

Chucks & Breasts | Hotel Rack | Loins | Legs

Numerals in circles ○ refer to wholesale cuts. Other numerals refer to retail cuts.

Yields of Wholesale Cuts

Per Cent of Carcass	
① ② and ⑥ Hind Saddle	50.0%
③ ④ and ⑤ Fore Saddle	50.0%

Subdivisions-Per Cent of Carcass	
① Legs	33.0%
② and ⑥ Loin and Flank	17.0%
③ Hotel Rack	12.0%
④ Chuck Incl. Neck	23.5%
⑤ Breast Incl. Shank	14.5%

Courtesy U. S. Department of Agriculture

What to Serve with Lamb or Mutton

Meat Dish	*Starchy Food*	*Succulent or Green Vegetable*	*Sauce or Accompaniment*
Leg of lamb	Brown potatoes	Green peas Spinach Turnips Asparagus Cauliflower	Currant jelly Mint sauce Mint sherbet Caper sauce
Roast shoulder	Brown potatoes Mashed potatoes	Green peas Asparagus Green beans Spinach	Mint sauce Currant jelly Brown gravy
Crown roast	Mashed potatoes	Cauliflower Green peas	Bread dressing Mint sherbet
Saddle of lamb	Mashed potatoes Boiled rice	Spinach Turnips Cauliflower	Currant jelly sauce Bread dressing
Rolled breast	Mashed potatoes	Green lima beans Swiss chard	Brown gravy Bread dressing
"Boiled" lamb or mutton	Dumplings Mashed potatoes	Green peas Green string beans Brussels sprouts	Caper sauce Hard-cooked egg sauce Onion sauce
Lamb chops	Creamed potatoes	Green peas Asparagus	Mint jelly Currant jelly
Saratoga chops	French fried potatoes	Cauliflower	Tart jelly
Breaded chops	Au gratin potatoes Escalloped potatoes	Spinach Green peas	Tomato sauce
Steaks	French fried potatoes	Green peas Lima beans	Jelly
Lamb patties	Au gratin potatoes	Green beans Mashed turnips	Tomato sauce
Braised neck slices	Boiled rice	Creamed carrots Stewed tomatoes	Caper sauce Curry sauce
Stew	Boiled potatoes Dumplings	Turnips Parsnips Onions Carrots Peas	Tart jelly

Lamb and Mutton Cuts and Their Uses

Description	Cut	Characteristics of Cut	Uses	Extra Edible Parts and How Prepared
Lamb Flesh is light pink, deepening in color as it ages. Lean is firm and fine grained. Fat is white, hard, and flaky.	Leg	Solid meat, fine quality	Roasts, cooked in water; steaks may be cut from leg	Heart— Baked, braised, stewed
	Loin	Excellent quality	Chops, roasts	Brains— Creamed, braised, scrambled
	Rack	Meat of fine quality	Chops, roasts, crown roast	Kidney— Fried, stewed, broiled
Mutton Dull brick red in color. Lean is firm and fine grained. Fat is hard, white and flaky.	Shoulder or chuck	Well-flavored, tender meat	Stews, roasts, pot-roasts, chops	Liver— Fried, baked, braised
	Breast (including flank)	Meat not so fine grained as leg or loin	Stews, roasts—boned and stuffed	Tongue— Cooked in water, braised

The break-joint distinguishes lambs and yearlings from mature sheep. The break-joint is a temporary cartilage at the head of the shank just above the ankle. In dressing lambs and some yearlings the foot can be broken off at this point, giving the end of the shank a saw-tooth appearance. In lambs the broken surface is porous, moist and red; in yearlings it becomes more porous, dry, and less red in color. The shank of mature sheep will not break and the foot is taken off at the ankle instead, making a "round joint."

Time-table for Cooking Lamb and Mutton

Cut	Broiled or Panbroiled	Roasted or Baked	Cooked in Water	Braised
Leg, Breast, Shoulder		(Lamb) Sear 30 min. at 480° F., then at 300° F., to internal temperature 175° F. (rare), 182° F. (well done), about 30 min. per pound in uncovered pan	(Lamb) 12-15 min. per pound + 10 min.	3-3½ hrs.
		(Mutton) Same as lamb. Mutton is sometimes eaten rare, in which case less time would be required.	(Mutton) 15-20 min. per pound + 20 min.	3-3½ hrs.
Loin		(Lamb) Sear 30 min. at 480° F., then at 300° F., to internal temperature 175° F. (rare), 182° F. (well done), about 30 min. per pound.	Meat should not be boiled but should be cooked below the boiling point or simmered.	
		(Mutton) Same as lamb.		
Chops, steak	(Lamb) 10-15 min., double thickness 25-30 min.			
Neck				(Lamb and Mutton) 20-25 min. per pound.
Crown, Roast		(Lamb) 1¼ hr.		